



# Vitamin C

"Drink your orange juice so you won't get a cold!"

*Why do we need it?*

Vitamin C, also known as ascorbic acid, has several functions in the body:

- ◆ helps to repair body tissues
- ◆ helps you fight diseases and infections
- ◆ is an *antioxidant* (substance that may help the body fight diseases such as cancer and heart disease)

*How much do we need?*

The recommended amount of Vitamin C for most healthy people is 60mg/day. The following table gives you an idea of how much vitamin C is in some common foods. A glass of orange juice gives you your full day's supply!

Most healthy people need about 60mg/day of Vitamin C	
One 8-ounce glass of orange juice	97 mg
One cup of strawberries	85 mg
1 medium kiwi fruit	75 mg
1/2 cup raw green peppers	45 mg
1/2 cup cooked broccoli	37 mg
1 baked potato	26 mg
1 raw tomato	24 mg

### *What foods are the best sources?*

Fortunately, if you like fruits and vegetables, it can be pretty easy to get the recommended amount. Fruits, especially citrus fruits like oranges and lemons, contain lots of vitamin C. Vegetables such as tomatoes, broccoli and potatoes are also great sources of vitamin C.

If you are not a fruit and vegetable eater, it will be much harder to get your vitamin C. The other food groups, such as milk and meat, are not good sources of vitamin C. Eating at least 5 servings/day of fruits and vegetables is a great way to get enough vitamin C as well as other important vitamins and fiber.

### *What about supplements?*

Consuming extra vitamin C in the form of supplements is a common practice these days. Vitamin C is often taken to ward off a cold or taken when someone feels they may be getting a cold. While the research is not definite on the real benefits of this practice, extra vitamin C is usually safe in amounts up to twice the RDA of 60mg.

Excess vitamin C not needed by the body will just be excreted in the urine. While vitamin C is generally not considered toxic (e.g. poisonous), large amounts over 1000mg can cause stomach upset, and kidney or other problems.

### **Give your orange juice a new twist! Refreshing Orange Drink\***

#### **Servings: 1**

<i>Amount</i>	<i>Measure</i>	<i>Ingredient</i>
1	cup	orange juice
3/4	cup	club soda

#### **Procedure**

1. Pour club soda into juice

**Nutrient Analysis (per serving):** Calories 110, Carbohydrates 26g, Protein 1g, Fat 0g, Iron 0mg, Vitamin C 97mg, Vitamin A 0 I.U., Calcium 29mg, Fiber 0g  
Food Guide Pyramid: 1 1/2 servings fruit group

*\*Recipe submitted by Alex Feldman, student, Bethany CT*

